

*Give your loved ones the
perfect Valentine's Day gift!*

QUIT SMOKING!

*For You
For Them
Forever!*



1-800



QUIT NOW

SmokingStopsHere.com

FREE Smoking Cessation Classes

Offered by the Frederick County Health Department
350 Montevue Lane, Entrance D, Room 2-139

Sessions:

Wednesdays, Feb. 20 Thru Mar. 27

10:00 am and 3:00 pm

(Sessions are one hour in length)

Topics Include: Nicotine Addiction, Preparing To Quit,
Coping With Withdrawal, Dealing With Stress
& Relapse Prevention

FREE Nicotine Patches, Lozenges or Gum (With Physician Approval)

To Register Call: 301-600-1755

www.FrederickCountyMD.gov/healthdept/substanceabuse

This is a FREE service sponsored by the Maryland Dept. of Health & Hygiene.